

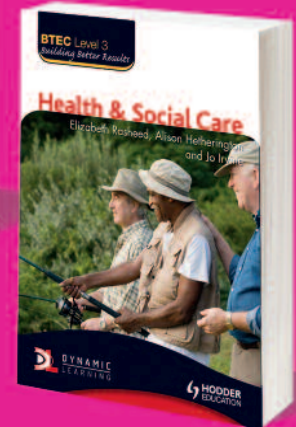
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# Are you looking for flexible and time-saving resources to help you teach the new BTECs?

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## BTEC Level 2 First Health & Social Care



The new Student's Book contains everything students need to make the grade in BTEC First Health and Social Care. It is a lively and comprehensive course book covering **all** the core and optional units, so you have the most up to date information to inform your teaching of the Level 2 First Health and Social Care qualification.

The authors have many years of experience working with BTEC qualifications as external verifiers, and have provided examples and activities in a straightforward way to help your students undertake the BTEC assignments with confidence and achieve their potential.

There are many up-to-date case studies, references and web links within the Student's Book, covering topics including; BUPA, Social Media, Mencap, Racial Equality and the NHS. All designed to give students greater context and real insight into Health and Social Care settings.

## How will this book help your students get better results?

- **'Key Terms'** helps explain unusual or technical terms in an accessible format
- A **clear layout** that follows the specification so your teaching plans can be organised accordingly
- Plenty of **activities** and **vocational case studies** that can be used to enhance their assignments
- **Weblinks** throughout the book direct students to areas of interest where they can discover more for themselves

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**Activities – A great way to get all students to interact in class and generate discussion on Health and Social Care issues**

**Clear images and illustrations puts the subject of social care into context**

Service users may have a variety of needs which mean that they could benefit from creative and therapeutic activities. These can be remembered as PILES! This stands for:

**Physical** – to do with the body. A person may have had a stroke, which could have left them with a weakness in one side of their body. Or they may have had an accident which has caused them to lose a limb. Any activities that exercise the body would count as physical.

**Intellectual (cognitive)** – to do with the brain, thinking or learning new skills. Intellectual needs may include activities that relieve boredom. They can also help prevent memory loss. Any activities that stimulate the brain or get people thinking are ideal for meeting intellectual needs.

**Language** – to do with how we communicate with each other. A service user could have lost the ability to speak or a child may learn new words.

**Emotional** – to do with how we feel about ourselves or our ability to express emotions. A service user may have poor self-esteem or may be depressed, or they may be bereaved or separated from loved ones.

**Social** – to do with friendship groups and working with other people. A service user could be new to the area or have few friends.

**Activity 1**

In pairs, discuss any work experience placements you have had in health and social care settings. What types of activities did the service users carry out? Can you think of any creative or therapeutic activities which could be introduced into your care setting?

**Activity 2**

Read the case studies below and identify the PILES needs of those involved.

**Case Studies**

- Sally is a 70-year-old woman. Her husband died recently and she is lonely. A lot of her friends have either moved away or died. As she is older she has poor mobility and finds it difficult to get out and about.
- Nine-year-old Jodie is in hospital as she is having surgery. She sometimes finds it difficult to communicate her needs. As she has spent a lot of time in hospital she has not had the opportunity to develop many friendships with other children.
- Rob has always been dependent on other carers and is now trying to increase his own independence.

**Benefits of creative and therapeutic activities**

There are a number of benefits that service users may gain from creative and therapeutic activities. Some of these are listed below.

- **New skills** can be developed or existing skills can be maintained (individuals can stay physically or mentally active). Benefits could also include promoting independence or being supportive.
- **Physical benefits** may include improving fine motor skills such as dexterity (for example, picking up small objects) or gross motor skills, such as major muscle groups in legs or arms. Physical benefits may include a general increase in fitness (such as in games). Physical activity is often shown to be a very important factor in good mental health as well as physical health.
- **Intellectual benefits** may include developing imagination (e.g. making up stories), problem solving (e.g. crosswords) or developing language (such as games you may play using new words with children). Communication skills may be developed or improved.
- **Emotional benefits** may include improved self-esteem for the individual or social benefits such as developing friendships and co-operation.
- **Social benefits** will include development of new friendship groups and learning to co-operate with others.



**Activity 3**

Choose one of the following activities and identify the benefits using PILES:

- playing football
- cooking
- playing a board game
- listening to a story
- playing bingo.



So why are these benefits so important? If you think about your own experiences, you will soon realise that all individuals need to engage in activities which they enjoy and which stimulate them. Service users who can communicate well, or can join in with games or play, or simply have good friends, are likely to feel more positive and happy. Some of these benefits may interlink – for example, playing a board game can improve confidence, which in turn can help with communication.

**Case studies allow students to see and experience real-life scenarios they might face in their future career**

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## BTEC Level 3 National Health & Social Care

Written by authors with a wealth of experience in delivering, verifying and writing for BTECs this textbook contains all the key content and practical tips you need for 18 units of the BTEC National in Health and Social Care.

Task-based with practical tips and ideas, this Student's Book will offer your students a simplified route to developing their assignments so they understand exactly what to do to get the results they want. There are many activities within the book for students studying all levels of the qualification to save you time preparing and researching extra material for lessons.

### How will this book help your students get better results?

- **'Further reading'** references guide students to topics/themes that they can explore further to enhance their portfolios
- Each chapter clearly indicates the current **number of credits** that can be achieved on completion so your students know exactly how to progress onto the next level
- **Activities** allows students to prepare evidence, develop skills and better understand the health and social care sector
- Contains **current information** on key issues which informs best practice

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## Our authors

Experienced BTEC and educational professionals have written our resources so you can be confident they know exactly what is needed to get better results.

All three authors have a wealth of experience in delivering, verifying and writing for BTECs.

**Elizabeth Rasheed** is a qualified nurse and experienced teacher coordinating BTEC Health and Social Care at Dudley College.

**Jo Irvine** is an educational consultant involved in the development of the new BTECs in Health and Social Care.

**Alison Hetherington** is a qualified nurse and midwife, an External Verifier and course coordinator for BTEC at Mid Cheshire College.

Dynamic Learning is the ultimate teaching and learning resource. Combining award-winning quality content with easy-to-use tools, it supports teachers and encourages students to develop, progress and achieve.

### **Anytime, anywhere access**

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## Dynamic Learning

These easy-to-use digital resources complement the BTEC Level 2 and BTEC Level 3 Student Books and include:

- PowerPoint presentations, lesson planning frameworks and ideas
- Video case studies featuring real professionals and settings from the Health and Social Care sector (applicable to level 2 students only)
- Guidance on evidence gathering and assessment to support those with limited access to this sector
- Photographs and images to make the subject tangible to students
- Quizzes and activities to focus students onto key topics
- An extensive source library of word files, weblinks and PDFs so you can mix and match the resources as you wish

### Interactive and integrated solutions

With the powerful Lesson Builder you can play our ready-made lessons, edit and customise them however you wish and even integrate your own digital resources. You can also upload Dynamic Learning resources into your VLE if you prefer to use them in there (they are all pre-tagged to save you time). And with built-in homework and revision tools, Dynamic Learning helps you to save valuable time.

### Ease of use and continual support

With an intuitive and clear layout, it's easy for anyone to start using Dynamic Learning. But if you need us we'll work with you so that you're supported every step of the way; with staff training and technical assistance always available to help you get the most out of Dynamic Learning.

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Dynamic Learning gives you the highest quality content that has been written by educational experts and is proven to work in the classroom. What's more, you can relax safe in the knowledge that the content is always up-to-date with current curriculum and specification changes.